



The New Codependency: Help and Guidance for Today's Generation

By Melody Beattie

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, The New Codependency: Help and Guidance for Today's Generation, Melody Beattie, In "Codependent No More," Melody Beattie introduced the world to the term "codependency." Now a modern classic, this book established Beattie as a pioneer in self-help literature and endeared her to millions of readers who longed for healthier relationships. Twenty-five years later concepts such as self-care and setting boundaries have become entrenched in mainstream culture. Now Beattie has written a followup volume, "The New Codependency," which clears up misconceptions about codependency, identifies how codependent behavior has changed, and provides a new generation with a road map to wellness. The question remains: What is and what is not codependency? Beattie here reminds us that much of codependency is normal behavior. It's about crossing lines. There are times we do too much, care too much, feel too little, or overly engage. Feeling resentment after giving is not the same as heartfelt generosity. Narcissism and self-love, enabling and nurturing, and controlling and setting boundaries are not interchangeable terms. In "The New Codependency," Beattie explores these differences, effectively invoking her own inspiring story and those of others, to empower us to...



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